



Chilli con Carne



2 servings



15 minutes

INGREDIENTS

150g minced beef

2 tbsp oil

1 onion

1 garlic clove

1 pepper (any colour)

1 tin chopped tomatoes or passata

1 tablespoon tomato puree

1 beef stock cube

1-2 teaspoon chilli powder

Optional: 200g kidney beans, 1 teaspoon of spices e.g. cumin, coriander or paprika

EQUIPMENT

- Green chopping board
- Sharp knife
- Small saucepan
- Mixing spoon

Skills: Peel, dice, crush garlic, bridge and claw knife skills, shallow frying, simmering, reductions sauce, boiling (rice),

TIMEPLAN

1	Prepare your vegetables: dice the onion (5mm square), Cut pepper in half lengthways, remove stalk and seeds, then chop into big dices. Peel and finely chop 2 garlic cloves. Open your tins.	Use the bridge and claw method safely. Use a green chopping board.
2	Put pan on the hob over a medium to high heat (5-6 max). Add 1 tbsp oil and then add the mince beef. Break up with mince beef your spoon. Keep stirring for at least 5 minutes, until all the mince is in small bits and there are no more pink bits.	Be very careful when using the hob, do not leave it unattended.
3	Turn the heat down to add the onion , stirring frequently, for about 3-5 mins or until the onion is soft, and slightly translucent. Tip in the garlic, red pepper. Stir.	Do not let it burn, keep a close eye on the hob.
4	Add your spices 1 heaped tsp hot chilli powder or 1 level tbsp mild chilli powder, cumin or paprika 1 tsp ground cumin.	



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Food Preparation and Nutrition





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5	<p>Add can of chopped tomatoes and 2 tbsp tomato purée and stir the sauce well. Add beans if you have them to the pot and stir them in. Add stock cube. Stir really well</p>	<p>Be very careful using a tin opener, dispose of your can straight away.</p>
6	<p>Simmer gently (2-3 heat) for 15 minutes while you wash and dry up. Taste and season more if required.</p> <p>Serve with some, rice, coriander and a squeeze of lime</p>	<p>Keep the hob on a very low heat if leaving unattended.</p>

